



Your preemie's growth and development

Know how they grow

Since your little one was born before they were completely ready for the world, it may take them extra time to reach certain developmental milestones. It's totally normal, so don't sweat it if they're not progressing at the rate you were expecting. Of course, no two preemies develop at exactly the same rate, so your baby's growth and development should be monitored closely by your pediatrician.

Sleepy baby

With all the extra progress they're making, your preemie needs lots of rest. Extra sleep gives them energy to catch up. Your little one will probably sleep more than full term babies by taking more naps throughout the day. While they'll spend a lot of the day catching Zs, it's still important to encourage sleep at night. When you think of sleep environments, light and noise may seem like no-nos, but some of that might be good for your little one. Preemies tend to get used to the bright lights and noises of the NICU, so try a dim light and some soft music at bedtime until your itty-bitty feels at home without it.

Cry, baby

Crying is your baby's way of communicating their needs. All babies cry, but preemies usually cry more. It takes a little longer for them to learn how to soothe themselves, so your baby may be harder to calm down. If they're crying more intensely or longer than normal, check with their doctor just in case. Overall your preemie development may have a few more surprises than you were expecting, but just pay attention to what's working for your baby's own needs, and you've

got this!